In 7/diving

Instructions

Read the problem situation described on the next page. Then answer each of the 6 questions. Do them one at a time. Don't jump ahead, but you may look back to earlier questions and answers. The first question directs you to choose only one answer unless you are told to "Try again!". The other questions tell you to select as many answers as you think are correct. Follow the instructions for each question.

After you have selected a choice to a question, look up its number on the answer sheet. Select your answer to each question by rubbing the special pen between the brackets on the answer sheet. A hidden message will appear and tell you if you are right. When you have finished, you will learn how to score your performance.

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READEX FICHE best copy available

Apparent Diving Accident Exercise

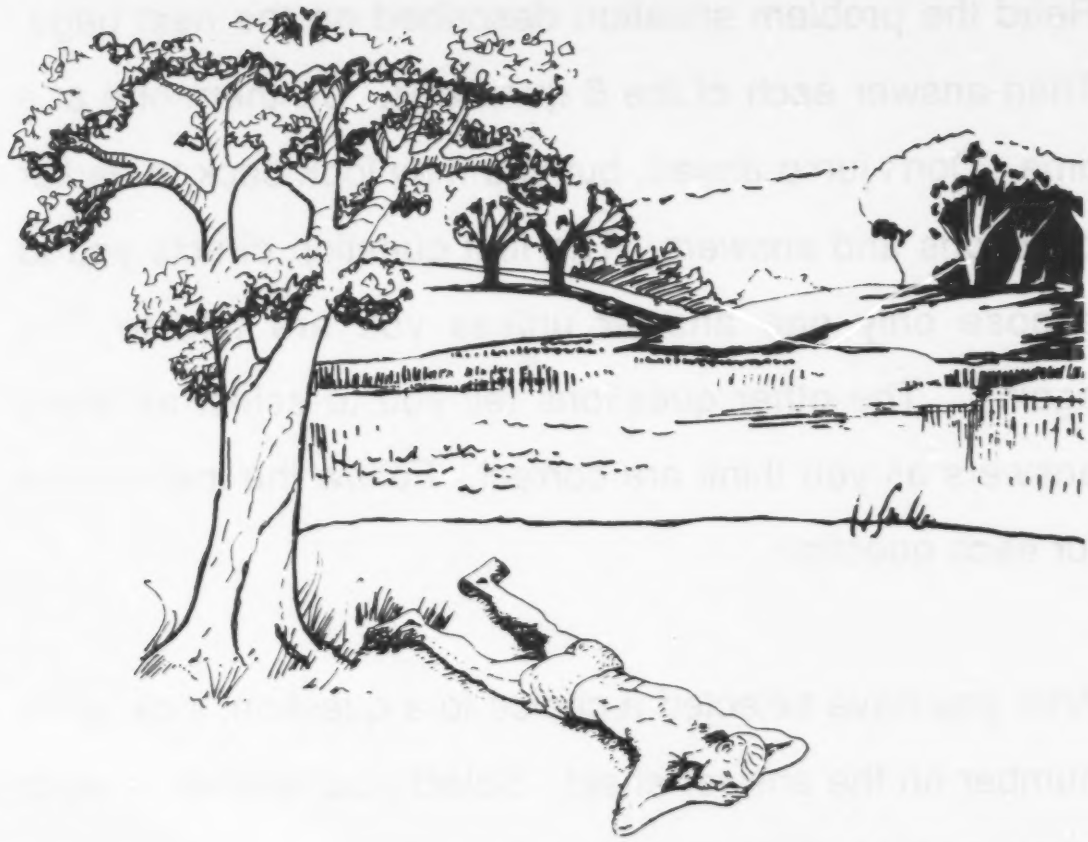

Figure 1: Scene of apparent diving accident

While on a picnic with your family you are summoned to the river side to aid the victim of a possible diving accident. This young man is now lying face down on the beach with his hands under his cheeks. Two teenagers are with you. It is a cold and windy September day.

Turn the page and answer the first question.

Question A

What is the first thing you should do to help this man? (Choose only ONE unless directed to "Try again!")

1. Check his injuries without moving him.
2. Encourage him to roll over if he can.
3. Get the teenagers to help you and log roll the victim to his back.
4. Immediately go to the nearest phone and summon the emergency squad.
5. Turn him over and check his breathing and pulse.

Question B

You send one of the teenagers to phone the emergency squad and you ask the victim what happened. He says that he dove from the branch of a tree into a shallow area, striking his head on the bottom. Finding that he was unable to move his legs he crawled out using his elbows and hands. How should you check this man's injuries? (Select as MANY as you think are correct.)

6. Ask if he can turn his head.
7. Ask him if he has pain.
8. Feel his scalp.
9. Check his ears.
10. Check his breathing rate.
11. Check his pulse rate.
12. Feel his spine with your fingertips.
13. Check his tendon reflexes.
14. See if he can wiggle his fingers and toes.

WHEN YOU HAVE MADE YOUR SELECTION(S) DO THE NEXT QUESTION.

Question C

You are waiting for the emergency squad to arrive. What should you do now (Select as MANY as you think are correct.)

15. Check his breathing and pulse periodically.

16. Put a towel under his head to keep his face out of the sand.

17. Send the other teenager for blankets or towels to cover him.

18. If he tries to roll over on his back, help him to do this.

19. Tell him to "take it easy," and that medical help is on the way.

WHEN YOU HAVE MADE YOUR SELECTION(S) DO THE NEXT QUESTION.

Question D

The EMTs arrive and are directed by one of the teenagers to the accident scene. You tell them your findings. They examine the victim and ask for your help in transporting him. What methods should be used to transport the injured man? (Select as MANY as you think are correct.)

20. A rigid collar should be applied before he is turned.

21. A long spine board should be padded at the neck, lower back, and knee.

22. He should be log rolled onto a spine board using a four person technique while one person applies gentle traction to his head to keep his head and neck in line with his body.

23. If he pushes you away and says "Don't touch me!" when you attempt to log-roll him, you should hold tighter and continue with the procedure.

24. Once the victim is on the spine board he should be immobilized using the board straps, adhesive tape across his forehead, and sandbags on each side of his head.

25. Once the victim is on the spine board his chin should be immobilized with a long strip of adhesive tape.

26. He should be covered with a blanket after being secured to the spine board.

WHEN YOU HAVE MADE YOUR SELECTION(S) DO THE NEXT QUESTION.

Question E

Suppose that when you first found the victim he was not breathing. What should you have done? (Select as MANY as you think are correct.)

27. Use a "jaw thrust" maneuver to obtain an airway.

28. Use a head tilt, chin lift method to obtain an airway.

29. Give mouth to mouth resuscitation with the victim face down.

30. Have the teenagers help you log roll him onto his back while you apply gentle traction to his head to keep his head, neck, and body in line.

31. Use the face down (Holger-Neilson) method of artificial respiration.

WHEN YOU HAVE MADE YOUR SELECTION(S) DO THE NEXT QUESTION.

Question F

This victim was conscious and it was relatively easy to assess his injuries. Which of the following are true regarding spinal cord injury in the unconscious victim? (Select as MANY as you think are correct.)

32. If the victim can move his arms and legs he does not have an injury and can be treated accordingly.

33. Breathing with the chest alone is a sign of spinal injury.

34. In a male, an erection can be a sign of a spinal injury.

35. Soiling with feces or urine can be a sign of a spinal injury.

WHEN YOU HAVE MADE YOUR SELECTION(S) FIGURE UP YOUR SCORE.

Scoring your performance

1. Count the total number of responses you colored in that were marked "correct." Write this number in the first blank on the answer sheet.

2. Count the total number of "incorrect" responses you colored in. Subtract this number from 15. Write the difference in the second blank on the answer sheet.

3. Add the numbers on the first and second blanks. This is your score.

The best possible score of 35 results from selecting all the correct answers and no wrong answers. The worst possible score of zero results from selecting all the wrong answers and no correct answers.